



# Healthy Eating

Healthy eating can be delicious. This sandwich includes whole wheat bread, lean turkey, low-fat cheese, fat-free mayonnaise, tomato and lettuce.





# Should you CHANGE your EATING HABITS?

## DIET ISN'T THE ONLY FACTOR

that contributes to a healthy lifestyle, but for the majority of Americans, it's the most important. In 1988, a report released by the Surgeon General stated: "If you are among the two out of three Americans who do not smoke or drink excessively, your choice of diet can influence your long-term health prospects more than any other action you might take."

Over a lifetime, a nutritious diet can help lower your risk of cancer, heart disease, high blood pressure, obesity, diabetes, osteoporosis, stroke, and other complications.

## TAKE THE QUIZ TO GET A BETTER IDEA OF HOW YOUR EATING HABITS STACK UP. DO YOU...

	Usually	Sometimes	Never
Consider nutrition when you make food choices?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Try to eat regular meals (including breakfast), rather than skip or skimp on some?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choose nutritious snacks? (like yogurt, fruit, bagel, cereal with milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Try to eat a variety of foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Include new-to-you foods in meals and snacks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Try to balance your energy (calorie) intake with your physical activity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat at least six servings* of grain products daily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat at least three servings* of vegetables daily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat at least two servings* of fruits daily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consume at least two servings* of milk, yogurt, or cheese daily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go easy on higher-fat foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go easy on sweets?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink eight or more cups of fluids (mainly water) daily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limit alcoholic beverages (no more than one daily for a woman or two for a man)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### GIVE YOURSELF:

- **2 Points** for each "Usually" answer
- **1 Point** for each "Sometimes" answer
- **0 Points** for each "Never" answer

\*Serving sizes vary depending on the food and food group.

Check out the Handy Tips On Serving Size sections on **page 9**

#### If You Scored 24 or more points:

Congratulations — you've certainly made healthy eating a priority! Still, look for ways to stick to a healthful eating plan — and to make a good thing even better.

#### 16 to 23 points:

You're definitely on track. A few easy changes could help you make your overall eating plan healthier.

#### 9 to 15 points:

Sometimes you eat smart — but not often enough to be at your best. What might be your first steps to healthier eating?

#### 0 to 8 points:

For your good health, you're wise to rethink your overall eating style. Take it gradually — step by step!

Whatever your score, it's always helpful to think about how you can improve your eating habits. Gradually turn your "nevers" into "sometimes" and your "sometimes" into "usually."

*Adapted from The American Dietetic Association's Monthly Nutrition Companion: 31 Days to a Healthier Lifestyle, Chronimed Publishing, 1997*







## SET YOURSELF UP FOR SUCCESS.

# DIET

**L**ike any lifestyle change, it's important to have the right attitude as you begin to change your eating habits. The following tips can help you keep things in perspective:

- Focus on improving one eating habit at a time. For example, this month, switch from whole milk to 1% or skim milk, OR eat five fruits and vegetables everyday,

OR choose whole grain bread instead of white bread.

- Make your kitchen a healthy eating zone — keep it filled with whole grain breads and cereals, fruits and vegetables, low-fat yogurt, skim milk, reduced-fat cheese, lean meat, skinless chicken breasts, fish and legumes.

- If the vending machine at work limits your snack choices to potato chips and candy bars, take fresh fruit, graham crackers, fig bars, pretzels, raisins or low-fat yogurt.
- Eating out tonight? Choose a restaurant that offers healthy alternatives. Refer to the *Road Guide* in this kit.
- To avoid impulsive junk food buying, try not to shop for groceries on an empty stomach.
- Don't get discouraged if you slip up. Ask yourself, is your eating plan healthy most of the time? If so, great! An occasional hot fudge sundae won't spoil a healthy eating plan, as long as it doesn't turn into a habit.
- If you tend to overeat when you're anxious, depressed or stressed, try non-food stress relievers — take a walk, read a book, call a friend or play a game with the kids.



# DIETARY GUIDE *for* AMERICANS

## **A**im for fitness:

- ◆ Aim for a healthy weight.
- ◆ Be physically active each day.

## **B**uild a healthy base:

- ◆ Let the Pyramid guide your food choices.
- ◆ Choose a variety of grains daily, especially whole grains.
- ◆ Choose a variety of fruits and vegetables daily.
- ◆ Keep food safe to eat.

## **C**hoose sensibly:

- ◆ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- ◆ Choose beverages and foods that limit your intake of sugars.
- ◆ Choose and prepare foods with less salt.
  - ◆ If you drink alcoholic beverages, do so in moderation.



*...for good health*



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# THE *power* OF THE PYRAMID



*t*he Food Guide Pyramid gives a visual punch to the Dietary Guidelines, providing a quick and easy way to approach healthy eating. The pyramid outlines what to eat each day from the five food groups. The shape of the pyramid illustrates how foods fit into your daily routine.

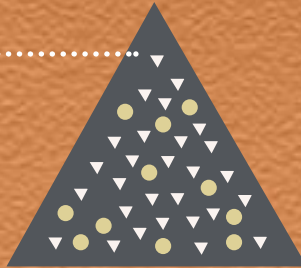
The foundation of your diet (the biggest part of the pyramid) should be made up of bread, cereal, rice, and pasta. Vegetables and fruits are important, too. Add a couple of servings from the milk, yogurt and cheese group, and from the meat, poultry, fish, dry beans, eggs, and nuts group. Finally, go easy on fats and sweets (foods at the smallest part of the pyramid).

Visit [www.semدا.org](http://www.semدا.org) for additional ethnic food pyramids.



**Fats, Oils & Sweets**

*USE SPARINGLY*



**Milk, Yogurt & Cheese Group**

*2-3 SERVINGS*



**Meat, Poultry, Fish, Chicken,  
Dry Beans, Egg & Nuts Group**

*2-3  
SERVINGS*



**Vegetable Group**

*3-5 SERVINGS*



**Fruit Group**

*2-4  
SERVINGS*



**Bread, Cereal,  
Rice & Pasta Group**

*6-11  
SERVINGS*



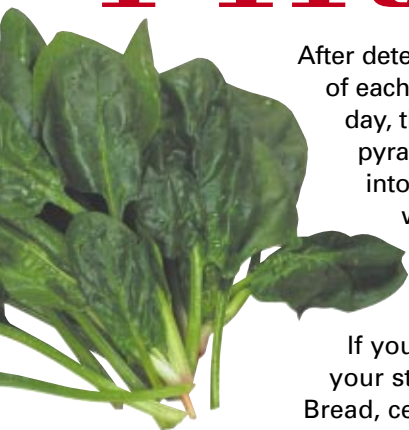
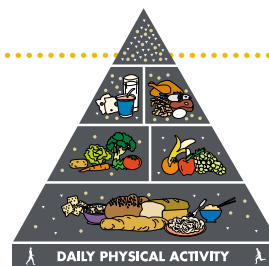
**DAILY PHYSICAL ACTIVITY**



Source: USDA 2000



# FROM PYRAMID TO PLATE



After determining how many servings of each group you should eat every day, the next step is to turn the pyramid, food groups, and servings into actual meals. To help you, we've included some examples of foods that equal one serving.

## Bread, Cereal, Rice & Pasta:

If you want to add a little pep to your step, you're in the right place.

Bread, cereal, rice and pasta are great sources of energy-boosting carbohydrates.

Foods in this group form the foundation for healthful eating, providing fiber, B vitamins, and iron with little fat.

### What's a Serving?

- 1 slice (1 ounce) bread
- 1/2 cup cooked rice or pasta
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal
- 1/2 hamburger bun, bagel, English muffin or pita
- 3-4 plain crackers



## Vegetables: fast, easy, and full of nutrients.

For taste, nutrition, and ease of preparation, vegetables are tough to beat. They're loaded with vitamins, minerals, and fiber, low in fat and calories, and most of them taste great raw!

### What's a serving?

- 1/2 cup raw or cooked vegetables
- 1 small (4 ounce) baked potato
- 1 cup leafy raw vegetables
- 3/4 cup vegetable juice

- In general, the more brightly colored a vegetable is, the more vitamins and minerals it has. Vegetables that are deep green, yellow, or orange are usually best.



## Fruit: A many-splendored thing

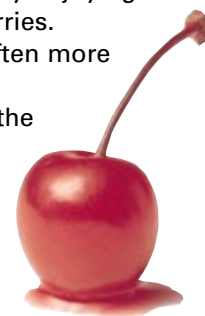
Fruit is naturally sweet, low in fat, high in vitamin C, vitamin A, and fiber, and more versatile than you think. While they taste great raw, many are also good baked, stewed, dried, or steamed. Fruit makes a great breakfast, side dish, or snack.

### What's a Serving?

- 1 medium piece whole fruit or melon wedge
- 1/2 cup canned or cut-up fruit
- 1/4 cup dried fruit
- 3/4 cup juice

### Choosing Smart:

- Select fresh, frozen, or canned fruit and juices without added sugar.
- Get your daily vitamin C fix by enjoying citrus fruits, melons, and berries.
- Eat whole fruits — they're often more filling than fruit juices.
- Boost fiber intake by eating the edible skin or peel.
- Count only 100% fruit juice as fruit. Punches, -ades, and most fruit drinks contain little fruit juice, and lots of added sugar.



## Be nice to your vegetables

*Vegetables are much better for you if you don't drown them in sauce, fry them in fat, or use other heavy cooking methods like boiling and pressure-cooking. Try steaming or microwaving instead, or just eat your veggies raw. They'll retain many more of their vitamins and minerals, and you might find that they taste better, too!*





### Dairy: Milk, Yogurt, and Cheese

Foods in this group are high in calcium, phosphorus, and other nutrients. So enjoy them, but watch out for high fat in whole milk and cheese.

#### What's a Serving?

- 1 cup milk or yogurt
- 1 1/2 ounces natural cheese (cheddar, mozzarella, Swiss)
- 2 ounces processed cheese

#### Choosing Smart:

- Choose lower-fat milk (1% instead of 2%; 2% instead of whole) and fat-free or low-fat yogurt.
- Try reduced-fat versions of your favorite cheese.



# HANDY TIPS ON SERVING SIZE

Determining what one serving adds up to isn't difficult — it's easy to visualize what a healthy serving looks like by comparing it with something you're familiar with, like your hand.

Here are some guidelines:

### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

These are all great sources of protein, iron and B vitamins. Just watch out for fat and cholesterol.

#### What's a Serving?

- 2-3 ounces cooked lean meat, poultry or fish
- 1/2 cup cooked beans, 1 egg, or 2 tablespoons peanut butter count as 1 ounce of meat

#### Choosing Smart:

- Fish and shellfish are excellent low-fat alternatives to red meat.
- Enjoy dry beans like kidney, navy and black beans, and lentils. They're often the lowest fat choice in this group.
- To make meat as lean as can be, trim all visible fat before cooking, remove skin from poultry and broil, and grill or roast meats rather than frying.

### Fats, Oils and Sweets:

This group is tasty but calorie-dense with few nutrients, so use sparingly. This category includes sugars, salad dressings, oils, cream, butter, margarine, and soft drinks.

- Go easy on regular salad dressings. Use a low-fat dressing or flavored vinegar.
- Enjoy sweet foods such as soft drinks, candies, and desserts, in moderation.
- Sauté foods in broth, water, or fruit juice instead of butter, margarine or oil.



#### Your fist:

About 1 cup or 1 medium whole fruit



#### Your thumb tip:

About 1 tablespoon



#### Your fingertip:

About 1 teaspoon



#### Size of a woman's palm (minus the fingers) or a deck of playing cards:

About 3 ounces cooked meat, poultry or fish



#### Your thumb:

About 1 ounce of cheese



#### Your cupped hand:

About 1 to 2 ounces nuts or pretzels

# Get the Skinny on Fat

While you should limit your intake of all kinds of fat, some types increase your risk of disease more than others. Here's a guide to different types of fat, and where each is found.



	Trait	Where found
<b>Saturated</b>	Linked to heart disease.	Whole milk, whole milk cheeses, yogurt, butter, lard, palm, palm kernel, and coconut oils.
<b>Polyunsaturated</b>	Less harmful than saturated, but still calorie-dense. Use sparingly	Found in fish, nuts, safflower, corn and sunflower oils and margarine made from these oils.
<b>Monounsaturated</b>	Possibly beneficial in small amounts; may help prevent cholesterol from collecting in arteries.	Found in olive, canola, and peanut oil, as well as margarine made from these oils. Also found in nuts.
<b>Trans-fat</b>	Avoid as much as possible. Linked to increased risk of heart disease.	Found in partially hydrogenated vegetable oils such as vegetable shortenings and stick margarine.



# smart



**You can save a lot of fat and calories just by making some small changes in the snacks you eat.**

**Instead of 2 ounces of potato chips, try 2 ounces of pretzels .**

**Saves 76 calories, 18 fat grams.**

**Instead of 1/2 cup of roasted peanuts, try 2 1/2 cups of low-fat microwave popcorn.**

**Saves 374 calories, 35 fat grams.**

**Instead of 1 ounce of cheese-flavored crackers, try 1 ounce of saltines.**

**Saves 20 calories, 6 fat grams.**

**Instead of 1 ounce of chocolate chip cookies, try 1 ounce of graham crackers.**

**Saves 26 calories, 6 fat grams.**

**Instead of 1/2 cup of bread pudding, try 1/2 cup of banana pudding made with 1% milk.**

**Saves 70 calories, 5 fat grams.**

**Instead of 1/8 of a peach pie, try 4 1/2 ounces of peach cobbler.**

**Saves 97 calories, 7 fat grams.**

**Instead of 1/2 cup of gourmet ice cream, try 1/2 cup low-fat ice cream.**

**Saves 200 calories, 19 fat grams.**





# snacking

## TIPS FOR KEEPING A SNACK ATTACK UNDER CONTROL!



*Be aware of yourself when eating!*

Many snack attacks occur when you're not looking. That means plan, plan, plan! The more you think about how and when you will eat, the better your chances of eating well.

### Avoid the Fat-Free Snack Trap

*Just because the fat in a snack has been reduced or eliminated, don't think the same is true of the calories. Food companies tend to cover up the flavor loss from the lack of fat by adding more sugar, which also adds calories. Reducing your fat intake is a great idea — but if you're trying to lose weight, calories count too!*



## FINAL THOUGHTS

**Y**OU CAN DO IT — a healthier life is within your reach. You now have the knowledge and power to take control of your life and make healthy choices. By fine-tuning your eating habits, your activity plan and your mindset, you'll be on your way to looking better and feeling great. Take charge now — you'll be surprised how rewarding healthy living can be!





James K. Haveman, Jr., Director

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